56. Al-Hamid
(The Praiseworthy)

"Allah is praiseworthy whether you praise Him or not. Your praise does not increase His glory, but it increases your light."

- Abu Sulayman al-Darani (d. 830 CE)
Source: Abu Nu'aym's
"Hilyat al-Awliya"

Should a person recite this Beautiful Name of Allah in seclusion 93 times for 45 successive days, all his bad habits will change for good ones, Insha Allah - Al Hisnul Hasin

BI'ISMIHI TA'AALA

Asmaa ul Husna

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The Most Beautiful Names of Allah ﷻ

Ml.Moosa Kajee

AL-HAMEED ﷻ (THE PRAISE-WORTHY ﷻ)

Hamd refers to praises. Therefore:
1.) Al-Hameed is that Being who has made binding upon the creation to praise Him due to His abundance of bounties upon them and His beautiful favours upon them.

2.) Al-Hameed ﷻ is that Being who is worthy of praise. He ﷻ granted existence to all the creation and then bestowed them with two great favours 1) Life 2) Intellect. He ﷻ did not suffice on this but continued raining His favours upon them to such an extent that His favours can never be enumerated even though one expends all his energy to do so. Then, whom else can be worthy of praise besides Him? In actual fact, all praises are only due to Him and none else, just as favours are only from Him and none else.

Al-Hameed ﷻ is the only Being worthy of praise in His Being, His qualities, His names and all His actions. He ﷻ possesses the most beautiful of names, the most perfect and beautiful qualities. There is no deity or Sustainer besides Him ﷻ. His every action is worthy of being praised. Every statement of His is worthy of honour. Every command that emanates from Him is based on wisdom. His every decision is decisive and just. He ﷻ has created all of His creation most perfectly. On an appointed time, He ﷻ grants death in accordance to His decision. All of these matters are worthy of praise.

All praises return to Him. Therefore, Al-Hameed ﷻ is worthy of all praises which will be uttered and all which were uttered in past eras which can fill the entire world and which can never be enumerated. These praises can only belong to Him. He is completely pure, and all praises are solely for Him, since all praises are for the one who showers all favours.

Al-Hameed is that Being who possesses such qualities and causes of praise which demand that He be praised. Even if no one praises Him, then too He ﷻ is worthy of praise.

Whomsoever we praise, we do so for two reasons,
1.) He possesses such perfection or goodness, the benefit of which is confined to Him, but we do not attain any benefit from His good quality and perfection.
2.) He is our benefactor, due to which we wish to acknowledge His favours and we thus praise Him.

Allaahﷻ's praise is due to both these factors. Our tongues remain moist in His praises on account of us recognizing His perfections and appreciating His favours. It is not sufficient to proclaim that praises belong to Allaah ﷻ, but the reality is that praise is only and solely for Allaah ﷻ. By saying this, the veils are raised, and this reality uproots the worship of all creation. In the world, wherever, whatever, in whichever form, there is any goodness, benefit or perfection, its fountain-head is Al-Hameed ﷻ. The perfection of any human, any angel, any star, in short any creation is not intrinsic, but it is the favour of Allaah ﷻ. The only Being worthy of being praised, loved and appreciated is the Creator of Perfection.

By pondering, we will realize that whatever is praised in the world, in reality it is the praise of Allaahﷻ. In this world of colour and smell, thousands of beautiful sceneries, enchanting pictures, and countless beneficial objects are always attracting hearts to themselves which force one to praise it. However, if one ponders deeply, then he will see one powerful being working behind the scenes. Wherever anything is praised in the universe, its reality is nothing more than praising a picture, a sculpture or manufactured item. All these praises are in actual fact that of the painter, sculpture, or manufacturer himself.

By praising Al-Hameed ﷻ, one is actually making duaa. Therefore, praise Allaah ﷻ in great abundance. Wherever one sits, one should praise Allaah ﷻ and ponder over His bounties. Human beings are composed of two parts: 1) body and 2) soul. It is clear that, with regards to value, the soul is the main part, the most superior and more virtuous. The body is subservient and on an inferior level. According to the research of doctors and researchers, regarding the inferior section of the human, Allaah ﷻ has kept within it approximately 5000 benefits. There are more than 300 joints in this body. Allaah ﷻ has made every joint so firm, that in spite of movement all the time, it does not need greasing, nor is there a need for repairs. Generally, a person lives for 60 to 70 years. This soft and delicate body as well as its joints work and function during this entire period that had it been steel, it would definitely have worn out. However, Allaah ﷻ has stated:

نَحْنُ خَلَقْنَاهُمْ وَشَدَدْنَا أَسْرَهُمْ

We have created man and We have strengthened their joints. (Dahr)

The result of this natural firmness is that, normally, these delicate and soft joints carry out their function for 70 years or more. Take one organ, the eye as an example. The manifestations of Allaah ﷻ's amazing wisdom which are present in it cannot be easily comprehended even after spending one's whole life in researching it. In merely one glance of the eye, try to estimate how many of Allaah ﷻ's bounties are being showered on a person. One will be absolutely amazed. As soon as one lifts his gaze, it sees an object. Just as the internal energy of the eye comes into play, the outward creation of Allaah ﷻ plays a huge role in making one see an object. If the light of the sun was not present, then the internal light of the eye would not work. For the sun to shine, there is a need for the atmosphere. For a person to see and for his eye to function, there is a need for wind, food, etc. When a person raises his gaze just once, all the powers of the world function. This is just one action. Ponder and think how many times we use this organ daily,

weekly, annually, and during our whole life. This is such a chain which cannot be encompassed by human ability.

Likewise, the functions fulfilled by the eye, tongue, hand and foot are completed by joining with the forces of the entire world. These are those bounties enjoyed by all living humans. There is no distinction between king and slave, poor and rich. The great bounties of Allaahﷻ are general endowments which every human being takes benefit from. The benefit of the heavens, the earth, and all the creation in between them, as well as the moon, sun, stars, air and atmosphere reaches all living things.

Thereafter are Allaah ﷻ's special bounties which He grants to humans according to divine wisdom such as wealth, honour, respect, comfort, nd ease. Even though it is completely self-evident that the general bounties which are found equal in all humans e.g. heavens, earth and all their creations are more important and esteemed than the special bounties like money, etc., simple minded men never regard these great bounties as being bounties due to their generality. Their gaze halts at the very basic objects around themselves and the special bounties of food, drink and shelter.

Anyhow, this is only a superficial glance. The necessary result of these bounties which are raining down upon man every minute is that man ought to praise and continues praising, to the fullest, the Bestower of these favours and bounties. To remind us of this natural demand, the first words of the first Surah of the Qur'an Kareem is اَلْحَمْدُ لِلّٰهِ (All praises are due only to Allaah ﷻ). Praising Allaah ﷻ is an act which is of superior status. Nabi ﷺ said, "When Allaah ﷻ grants any bounty to any servant, and he utters اَلْحَمْدُ لِلّٰهِ then it is as though he has granted something more virtuous compared to what he has taken." (Ibn Majah)